



How to Reverse Cellulite by Susan Hanson

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What is Cellulite?

If you've ever despaired about the dimply orange peel skin on your butt and thighs, you'll know first-hand how unsightly this can be. But have you ever wondered what cellulite actually is, and how it's formed?

Put simply, cellulite occurs when the underlying fat cells become enlarged and push against the skin to give a dimpled, orange peel or cottage cheese effect.

It's more noticeable in areas with more fat stores, such as the buttocks and thighs, although it's also found on the stomach and arms.

It forms when the body's circulatory system becomes sluggish, allowing pockets of fat to build up and expand, squeezing on the surrounding connective tissues and pushing them out of shape.

These pockets of fat then push up against the skin, giving it its characteristic dimpled appearance.

Types of Cellulite

That's right, there are actually three different types of cellulite, and they are as follows:

1. **Adipose cellulite:** which is characterised by loose skin with a firm, orange peel appearance;
2. **Edematous cellulite:** where excess fluid retention leads to a soft, squishy effect; Jennifer Lopez Cellulite busting Trick what is cellulite and how does it form?
3. **Fibrotic cellulite:** where the skin is much harder and compact, but still has that typical dimpled appearance.

Grades of cellulite

It's thought that cellulite development also passes through four grades or stages.

- **Grade 1:** There are no visible signs of cellulite, but changes to the fat cells can be observed under a microscope.
- **Grade 2:** The skin starts to show changes, including a decrease in elasticity, and while there may not be any visible evidence of cellulite, the typical orange peel effect can be seen if you pinch the skin.
- **Grade 3:** There's a distinctive roughness to the skin, with visible dimples when standing, which then disappear when you lie down.
- **Grade 4:** Cellulite is visible whether you are standing or lying down.

Who Gets Cellulite & Why?

We've all seen those sneaky photos of celebrities where they've been caught unawares and had their cellulite exposed to the world.

Surprisingly, this dimply skin is not just the bane of the overweight, but can lurk on even the slimmest of bodies. So, who is most likely to develop cellulite?

YOU'RE MORE LIKELY TO DEVELOP CELLULITE IF YOU'RE A WOMAN

The unfortunate truth is that as a woman you're more predisposed to developing cellulite.

It's estimated that over 80% of women over the age of 20 will develop the condition at some point in their lives, and that women account for 90 -98% of cellulite sufferers.

This is due to a number of factors, including hormones, genetics and the fact that women have a different type of fat and skin structure to men.

Females have a thinner epidermis than males, which is more susceptible to structural changes; plus female fat cells tend to be larger and are arranged in side by side columns, whereas male fat cells have a more stable 'criss cross' structure.

When female fat cells expand, they do so vertically, pushing the fat upwards, applying pressure to the surface of the skin, giving it that typical orange peel skin.

FROM PUBERTY AND BEYOND

Hormonal changes have a significant impact on cellulite development, with puberty being a major catalyst.

Hormones such as estrogen, insulin, noradrenaline and thyroid hormones all play a part in the cellulite producing process.

While many sufferers will develop the condition in their twenties, as the skin ages, the dimply fat becomes more obvious.

CELLULITE – GENETICS PLAY A PART TOO

Are you likely to get cellulite? Many specialists believe that particular genes may predispose you to developing cellulite.

While these include gender and race, they also include slow metabolism and poor circulation, and the way in which fat is distributed underneath the skin.

Will diet and lifestyle factors cause cellulite?

Eating a diet which is high in fats, carbohydrates, sugar and salt, and low in fibre can have a significant effect on the development of cellulite, as can certain lifestyle factors, such as whether you smoke, how much exercise you take and how active you are throughout the day.

In addition, people who stand or sit in the same position for long periods seem more predisposed to cellulite development.

Clothing and underwear

Surprisingly, wearing tight underwear is also thought to have an effect, especially if it has tight elastic around the buttocks and top of the legs, as this limits blood flow to the areas where fat is stored.

So, the sad fact is that if you're female, sedentary and your mother has cellulite, you're likely to develop it too, but just remember you don't have to resign yourself to a life of cellulite misery – you can beat it!

Can you get rid of Cellulite?

As cellulite is partly due to a slow metabolism and sluggish circulation, changing your diet to include plenty of foods containing fibre can help to remove the excess waste and toxins from the cells.

Try eating oats, bran and an assortment of fruit and vegetables, and cut down on high fat foods or those which contain large amounts of sugar and salt.

Swap saturated fat for healthy fats, such as olives, avocados, nuts and oily fish containing Omega 3 oils which are essential for building strong connective tissue and healthy skin.

Get moving

One of the major factors leading to the development of cellulite is poor circulation, so it's time to get moving and start exercising.

Although all kinds of cardio, including running, swimming and walking will raise your metabolism, any kind of activity which increases your heart rate will prove beneficial.

[>Click Here To Watch The Video<](#)

Pick up weights

While cardiovascular exercise will get your blood pumping, lifting weights will not only help you to build muscle, but will make your skin look more tight and smooth, minimising the appearance of dimples.

It also helps to strengthen the connective tissues in your body and, when combined with a healthy diet, will help to lower the amount of fat on your body.

GET RID OF CELLULITE – DRINK THIS

Keep well hydrated

Make sure that you're drinking at least 8 large glasses of water every day. By keeping yourself well hydrated, you'll help your body to flush out the toxins which cause the fat cells to expand.

Pummel those thighs

Do a little research and you'll be faced with many wonder cures for cellulite, from pneumatic massage to ultra sound treatments.

So far, the jury is out on whether any of these treatments have a lasting effect on cellulite.

However, regular massage will show benefits, as it will increase the blood supply to the area, flushing out toxins and giving the skin on your thighs a more even and smooth appearance.

Something to remember... Cellulite doesn't have to be forever, you really can get rid of it, we're not talking cures here because; for one cellulite is not an illness or health condition but, by:

1. Breaking down the fat cells in the problem areas
2. Removing toxins
3. Stimulating new collagen production, i.e. thicker skin covering the problem areas.

You can beat cellulite or perhaps a better way of describing it would be to say: you can change the appearance of the problem areas so much so that your cellulite (reduced, but still under the skin) is undetectable.

And undetectable is as close as you can get to getting rid of cellulite for good...

- Remember how firm and cellulite free your skin was as a teenager?
- Wouldn't you like that feeling back once again?
- So you don't have to cover up or worry about what to wear and how you look.
- Well you really can.

By following the steps in this publication you will beat cellulite, but remember; it may take a little time and effort to see the results you wish to achieve.

The Best Cellulite Treatment You've Never Heard of...

But what if you could actually see real results in two or three days without changing your diet or breaking a sweat at the gym – wouldn't that be great?

Of course it would but that's just not possible... Is it?

According to Paula, a 42 year-old mother of two from Bristol (UK) it's a reality and many women (who have used this trick) agree.

Ever heard of Aminophylline?... No?

You may have if you are unfortunate enough to suffer with Asthma and need an inhaler.

Aminophylline is a chemical compound that is found in inhalable Asthma drugs. But, as well as being a prescribed Asthma treatment it can also be applied topically (to the skin) to dissolve cellulite when applied in the right percentage of 2% (No prescription needed)...

It's a fact...

Aminophylline when applied topically converts cellulite fat into heat and thus dehydrating the fat molecules (cellulite). And amazingly with each application a little more fat (cellulite) is broken down.

What about Retinols... ever heard of them?

Retinol is a type of Vitamin A, which fights free radicals, which are known to break down healthy collagen while stimulating new collagen production.

New collagen production produces thicker skin (to the applied area). The thicker skin layer then retains the fat molecules giving an appearance of smoother, tighter skin.

If you think of cellulite as a cake with dimples in it, and your skin is the icing, the Retinol Creams allow you to apply a thicker coat of icing so that you can cover up the dimpled areas better...

Reverse Cellulite

By implementing the methods in this publication you will conquer the battle of reversing cellulite.

However it will take a little time and effort to achieve the results you want.

The Critical Keys to Killing Your Cellulite

One of the contributing experts recently put together an awesome video which is the "Do This and Don't Do That" rules when it comes to getting rid of unsightly cellulite dimples, shadows and ripples.

It's a quick read with some eye opening tips and a helpful video that you'll want to see while it's still up. You'll find the video below.

For those in a hurry to get rid of cellulite

[>Click Here To Watch Video Now<](#)